

GUANTANAMO BAY *Gazette* Online Edition

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**February 22,
2002**



CHINFO 2000
Merit Award
Winner

Vol. 59 No.8 Friday, February 22, 2002

BRIEFS

OCSC Plans Cheese Gala, Casino Night

The OCSC is hosting a Wine, Cheese and Fondue Gala at the Sailing Center Feb. 22 at 6 pm. A variety of special cheeses and fondues will be served. Bring your favorite wine to sip and share. Tickets for the event are \$5 and will be on sale at the NEX atrium Saturday, Feb. 9 from 10 am to noon. For more details, call Kathy at 2376.

Coming in March, OCSC's Casino Night If you would like to learn how to be a dealer for the event, practice begins Thursday, Feb. 21 from 6 to 8 pm. Call Randi at 5444 for details.

Black History Month at ES Media Center

Help your children learn about customs and traditions of the African-American culture. Visit the displays of traditional African-American ethnic objects and art work at the Elementary School Media Center.

The Black History children's book collection features African-American authors and biographies.

Media Center hours are 8 am to 4 pm, Monday-Friday. For more details, call 2207.

HSSO Apron Sale

The HSSO is accepting orders for "Military Spouse" aprons until Feb. 22. Aprons are royal blue ad have a "recipe for military spouses" printed on front. Cost is \$10 and is due at the time order is placed. All proceeds are used to make Welcome Baskets. Contact Mrs. Schmitz at 5355 and place your order. Aprons will be available at the end of March.

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21 Gun Presidents Salute



Twenty-one thundering reports, evenly spaced and although expected, caused slight starts in those witnessing the commemoration of President's Day. This holiday celebrates the birthdays of Presidents Lincoln and Washington. The ceremony, celebrated annually at McCalla Hill, sends the echoes of cannon fire across the bay. At this year's ceremony, the saluting battery team fired the 21 rounds from the battery location just down the hill from the McCalla Hill Flag where Naval Station Ordnance Officer, Lt. Kevin Peters, saluted the National Ensign. The silent cannon at the base of the flag is one that was discovered on the base. It's origins are unknown, but it is believed to have been used by the Spanish despite the fact the gun bears a French royal seal.

GUANTANAMO BAY

Tell us why you like to read. Tell us from the heart. How reading has been a part of your life. What it's meant to you as a member of a military family. Use your imagination to create a story or poem about reading. Grades 9-12, under 500 words. Grades 7 and 8, under 300 words.

Read

Winners can receive:

Grades 9-12 - \$1000 and \$200 U.S. Savings Bonds
Grades 7 and 8 - \$500 and \$100 bonds
Grades 1-6 - \$500 and \$100 bonds

You can enter if you are from a family that has a member who is active-duty, Guard, Reserve, or retired military, or a civilian employed with Defense Department, Coast Guard or American Mission personnel.

Win

Write

Essay Contest 2002

Entries must be received by March 18, 2002. Each entry MUST include the following information: your name, grade and age; address; phone number or email a parent may be reached; parents' names; service affiliation; rank of military member; and military installation. Email entries to essaycontest@asymca.org, or mail to Armed Services YMCA, 6225 Brandon Avenue, Suite 215, Springfield, VA 22150. Visit the Armed Services YMCA web site at www.asymca.org for complete rules.

Sponsored by readers at the Armed Services YMCA and the U.S. Naval Institute.

Join Us In Celebrating Black History Month

The AACC has planned the following community events are planned:

Feb 23 – Family Day Picnic at the Windjammer Pool, noon to 4pm

Feb 24 – Scotch Doubles Bowling Tournament, 2pm at Bowling Center

SEABEE Road Block Fundraiser

\$20 buys you the nastiest truck we have to block in your "favorite" co-worker, friend or relative.

\$20 gets the victim unblocked or he/she can wait until we get off work (around 8pm) and we'll unblock you for free. Call 4024,4838 or 2391 until 9pm. All proceeds go toward the SEABEE Ball, March 2.

GAZETTE

Scouts learn people-powered boating



The GTMO Boy Scouts take to the water to work on their Merit Badge on Kayaking. Thanks to the Kayaking Instructor Jim Hepler for providing the instruction and the time. Thanks to MWR for supporting the Boy Scouts and their adventures.

BRIEFS CONT.

Tax Center Open

The ELF/VITA center's doors are open at the White House. During normal working hours. Appointments and walk-ins will be taken. However, appointments are preferred because (1) receptionist can advise client what documents are necessary, and (2) appointments reduce the waiting time.

Additional hours will be set for after normal working hours and weekends. VITA representatives will also provide service to members of JTF-160 at the Pink Palace. For more information, call 4692.

Driver Improvement, Motorcycle Safety Courses scheduled

There is a Driver Improvement Program Course Feb. 25, 8:30 am to 5:30 pm. This is an AAA Approved course teaching aspects in managing visibility, time and space. This course is required for anyone who has been cited for reckless driving, had their license suspended, or not had the minimum 4-hour course in boot camp. Class is limited to 30 persons. Sign up in the safety office by close of business Feb. 21. Sign up is required due to assignment of pre-course study.

A Motorcycle Safety Course (AAA Approved) is tentatively scheduled April 3-8. All personnel who ride a motorcycle on base are required to attend. Space is limited so reserve your seat no later than close of business March 1. Personnel who ask for the course after March 1 will be wait-listed. For more details, call 4526 or 4529.

OCSC Scholarship and Financial Assistance Available

Applications for seniors are available for pickup. Parents may visit the school counselor, Mr. Haley, to pick up and sign for your child's application. All applications are due March 15. Call Jean Anne with questions or concerns at 5418.

Also, if your organization needs money, OCSC is now accepting financial assistance requests from community organizations. Requests must be submitted in writing by close of business March 15. Mail to OCSC, Box 161. Requests will be reviewed and funds distributed in June. For more details, call Caroline at 5338 AWH.

New Reenlistment Bonus Program Could Put Money in Your Pocket

Chief Naval Personnel Public Affairs

If you are qualified and willing to accept a billet to one of a few continually hard-to-fill locations, you may be eligible to receive money under the Location Selective Reenlistment Bonus (LSRB) program.

A Navy-wide message released this week (NAVADMIN 032/02) explains that the pilot LSRB program is designed to attract Sailors in specific ratings to designated duty stations and billets, and is in addition to any Selective Reenlistment Bonus (SRB) they may be eligible to receive.

"The incentive is designed to increase volunteerism to those locations that are historically hard to fill," said Lt. Cmdr. Hope Dolan, head of the Enlisted Bonus Programs Policy Section for the Chief of Naval Personnel.

"Location Selective Reenlistment Bonuses are another example of giving Sailors options. We want to provide financial, professional and quality-of-service incentives to our Sailors to encourage them to 'Stay Navy,'" added Dolan.

The locations where Sailors are needed and may qualify them for LSRB are: Lemoore, Calif.; Great Lakes, Ill.; Pearl Harbor, Hawaii; Puerto Rico and Guam. Not all Sailors transferring to duty stations in these locations will be eligible for LSRB. The list in NAVADMIN 032/02 specifies unit identification codes (UIC) and ratings that qualify.

Here's an example of how the program works: Approaching his projected rotation date (PRD), Sailor A negotiates for orders. His detailee tells him there is a requirement for a billet with an LSRB. Sailor A is in zone A for SRB eligibility in his rating at award level one. Sailor A is also eligible for an LSRB at award level two. Sailor A can now apply for SRB with LSRB for a total award level of three. Once approved, he can reenlist for five years (for example) and receive orders to the designated command for a three-year tour.

LSRB continued on page 5

U.S. Naval Base Guantanamo Bay, Cuba

GAZETTE

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Energy Conservation

Keep exterior doors closed as much as possible. Don't heat and cool the outdoors.

Force Protection Tip of the Week

When traveling overseas use government quarters or contracted hotels when possible.

Water Conservation

Total Used
6,252,015.0

Daily Avg
893,145.0

Daily Goal
700,000

We spent **-\$25,688.29**
OVER our goal last week.

FEBRUARY 2002 TIDAL DATA

DATE	TIME	LEVEL	TIME	LEVEL	TIME	LEVEL	TIME	LEVEL
22	0450	1.21	1118	0.37	1526	0.57	2200	-0.38
23	0550	1.30	1218	0.33	1632	0.59	2300	-0.45
24	0644	1.38	1306	0.27	1738	0.65	0000	-0.50
25	0732	1.43	1348	0.19	1844	0.73	0100	-0.52
26	0814	1.44	1430	0.09	1950	0.84	0200	-0.51
27	0902	1.42	1512	-0.02	2050	0.96	0254	-0.45
28	0944	1.35	1554	-0.13	2150	1.07	--	--

This Week in Naval History

February 22

1865 - RADM Porter's gunboat's bombardment cause surrender of Wilmington, NC .
1943 - USS *Iowa* (BB-61), the lead ship of the last class of American fast battleships, is commissioned.
1974 - LTJG Barbara Ann Allen becomes first Navy designated female aviator

February 23

1795 - U.S. Navy Office of Purveyor of Supplies is established.
1919 - Launching of *Osmond Ingram* (DD-255), first Navy ship named for an enlisted man
1945 - Marines and a Navy corpsman raise flag on Mt. Suribachi, Iwo Jima

February 24

1813 - USS *Hornet*, Captain James Lawrence, captures HMS *Peacock*
1968 - Task Force Clearwater established in I Corps

February 25

1933 - Commissioning of USS *Ranger*, first true aircraft carrier
1959 - USS *Galveston* fires first Talos surface-to-air missile

February 26

1811 - Congress authorizes first naval hospital
1944 - Sue Sophia Dauser, Superintendent of the Navy's Nurse Corps is first woman in Navy to receive rank of Captain.

February 27

1942 - Battle of the Java Sea, Allied Naval Force attacks Japanese invasion convoy

February 28

1893 - Launching of USS *Indiana* (BB-1), first true battleship in U.S. Navy.
1980 - Blue crew of USS *Francis Scott Key* (SSBN-657) launches 4 Trident I (C-4) missiles in first C-4 Operational Test.

March 1

1942 - Naval air (VP-82) sinks first German submarine, *U-656*, of World War II.
1954 - 1st of 6 detonations, Operation Castle nuclear test.

GITMO Search and Rescue team trains for reality

By JO1 April Gorenflo

Navy search and rescue (SAR) teams are often the last chance for pilots and crew members who are forced to ditch their aircraft. They are also a lifeline for sailors onboard ships in rough waters who need immediate medical attention. These dedicated sailors put themselves at risk to save the lives of others.

The search and rescue team at US Naval Base Guantanamo Bay, Cuba has to be ready to rescue people in the water, onboard ships or trapped by the rugged terrain of the island. They can't do this effectively without extensive training.

"We had air crew school, rescue swimmer school, "A" school and after that, SERE (Survive, Evade, Resist, Escape) school and helicopter training," said AD2 (NAC) Danny Ledesma of Riverside, Calif.

"These guys have to make it through training, and that training is not easy," said Lt. Cmdr. Eric Heitman from Tampa, Fla. Heitman serves as the assistant commander for the air operations department. "You learn to survive and then you can help someone else to survive," he continued.

LSRB, from page 3

Another example is Sailor B who is not in a rating with an associated SRB. If Sailor B is qualified to take orders to a location specified in the LSRB program, is in a rating specified in the LSRB list and meets all other SRB criteria, the Sailor can request to reenlist for LSRB. This Sailor, who would not have received any monetary reenlistment incentive before LSRB, could now cash in on this opportunity.

In all cases, the Sailor must be SRB eligible, must be within nine months of PRD, must be qualified for the assignment and execute the orders. Also, the LSRB amount

All the training in the world can't replace a sincere desire to be a rescuer. "I want to help people. That's the main reason I love this job," said Ledesma.

Helping people may be the main motivation, but it's certainly not the only one. "The adrenaline is really something," Ledesma admitted. "You're completely in the moment. Even when we're training, we all



Photo by JO1 April Gorenflo

Gitmo SAR team members hone their skills regularly to stay in top condition and be ready for any call.

train like it's the real thing. The mission is first no matter what, and we're going to complete it and complete it safely. I love the adrenaline."

When SAR swimmers jump out of a helicopter, the aircraft is typically flying 10 feet above the water and traveling at a speed

SAR continued on page 12

Maintaining Your Marriage

Amy Radivoy, LMHC
Fleet & Family Support Center

These days it takes an ongoing and active focus to keep a relationship alive. Relationships should not be taken lightly or for granted. Conflict is a normal part of a relationship and learning to deal with conflict is a required skill for a successful relationship. Negotiation is the key to resolving many conflicts. To build a successful marriage, it also takes a willingness and ability to care for and protect each other.

When you are in love, your emotions help you to meet each other's emotional needs. They provide instincts to be affectionate, sexual, conversational, recreational, honest and admiring. Within each of us is a Love Bank that keeps track of the way each person treats us. Everyone has an account and the things others do either deposit or withdraw love units from our accounts. Some couples Love Banks have been losing love units for so long that they are now in the red. Many of our instincts and habits contribute to Love Bank withdrawals. It is important to know what your mates emotional needs are and make Love Bank deposits by meeting those needs. Spending time with your mate on a weekly basis and giving them your undivided attention will meet some of their needs for communication,

recreational companionship and fulfillment. Spending time together is a conscious decision to nurture the relationship.

The policy of Joint Agreement will help you remember to consult with each other to be sure you avoid being the cause of each other's unhappiness. Partners who aspire to peaceful equality in their relationship must learn the art of negotiation. A marriage is not a battleground. It is a shared enterprise- two people working together for their mutual benefit. For the relationship to prosper, both people must feel heard and understood. They both must be convinced that their wants and needs are fairly met. When negotiation is practiced, every effort is made to avoid the competitiveness, inflexibility and intolerance that typify the adversarial approach. Accomplishing a positive outcome requires that the participants understand and accommodate each other's realities, brainstorm and choose the best solution together.

Marriage, like anything important, will not grow without care. It is crucial to nurture your marriage. Give it as much attention as you do the other priorities in your life. If you and your spouse are interested in a Marriage Enrichment Class or Seminar, or for more information, contact the Fleet and Family Support Center at 4141.

FFSC seeks SAVI Volunteers

The Navy is the first service to have a dedicated program to deal with sexual assault. The Sexual Assault Victim Intervention Program offers a comprehensive, standardized, victim-sensitive system to prevent and respond to sexual assault Navy-wide.

The principal focus of the SAVI program is aggressive awareness and prevention education and includes information on the prevention of sexual assault; actions that can help minimize the risk of becoming a victim; procedures for commands respond to sexual assault incidents and the victims; measures that bases and commands can take to ensure a safe environment for our sailors. This training is reinforced through mandatory general military training.

By developing a highly responsive volunteer victim advocate support system the program is able to provide immediate emotional support to sexual assault victims and helps to avoid revictimization. The SAVI program is based on a coordinated team approach. SAVI coordinates with local resources/programs (both military and civilian) and provides multi-disciplinary training to first responders, key personnel, and advocates

This where you come in. The Fleet and Family Support Center is currently seeking volunteers to become SAVI advocates. If you would like to volunteer or would like more information, call 4141.

Stress Busters

Don't go beyond your limits - Live within your means - Avoid that second job - **Say no** - Don't take on extra burdens - Be content with what you have - **Practice Patience** - **Laugh, even at yourself** - Give yourself an extra 15 minutes - Go for a walk - Pet your dog - Okay, cats are good, too! - Read a short story - Compromise - Study, maybe you just need more information - **Practice good health** - Exercise - Rest, Stretch - Know when to get help - Solve the problem - Don't tax your memory, make notes - **Sing the shower** - Hug your kid, your dog, or your mother-in-law - Close your eyes, think of someone special to you - Watch the sunset - Learn to play a musical instrument, even if it's only by the numbers - **Listen to the birds** - Change your routine - Make a list of all your blessings - Say "thank you" often - **Grow, seek new experiences** - Help a stranger - **Dance** - Wash your car - Talk to God - **Smile** - Strength will come - **Don't give up** - Hang in there - Bar-b-que - Be positive - One thing at a time - Take time now for that dream - Plan a leisure project - One word... Chocolate! - Shop - Browse in a bookstore - Drink hot tea - **Inhale deeply** - **Count to 10** - Sleep in - Reduce caffeine intake - Smell a flower - Clean out a drawer or closet - Call a friend - Pay yourself first - Wave at someone - Hire a baby-sitter - Turn off the TV - Have a good cry - **Take action** - Walk away - Let go - **Ask for help** - Change your perspective - Have faith - Be tolerant - Be more accepting - Learn a clean joke - Avoid debt - Have a confidant - Make a new friend - Plant a tree - **Swing** - Don't watch the news.

If you would like more information on stress management, contact the Fleet and Family Support Center at 4141.

Diabetes: A Growing Public Health Problem

According to the National Center of Health Statistics, Diabetes is the sixth leading cause of death in the U.S.

Diabetes is a serious, costly, and increasingly common chronic disease that affects nearly 16 million Americans and contributes to almost 200,000 deaths a year. An estimated 10.3 million Americans have diagnosed diabetes, and another 5.4 million have undiagnosed diabetes. Among adults, the prevalence of diagnosed diabetes, including gestational diabetes, increased 33% from 1990 to 1998. The largest increase (76%) occurred among people aged 30-39.

People with diabetes have either a shortage of insulin or a decreased ability to use insulin, a hormone secreted by the pancreas. Insulin allows glucose (sugar) to enter cells and be converted to energy. In uncontrolled diabetes, glucose and fats remain in the blood and, over time, damage vital organs.

Diabetes is classified into two main types: type 1, which most often appears in childhood or adolescence, and type 2, which affects 90%-95% of people with diabetes and most often appears after age 40. However, type 2 diabetes is now being diagnosed more frequently among children and adolescents.

Type 2 diabetes is linked to obesity and physical inactivity—two modifiable risk factors. Improving nutrition and increasing physical activity can delay the progression of diabetes, as can controlling blood glucose levels and improving access to proper medical treatment.

Diabetes causes preventable complications that can be life-threatening. Diabetes is a leading cause of blindness, kidney failure, leg and foot amputations, pregnancy complications, and deaths related to flu and pneumonia.

Diabetes and its complications have their greatest impact on the elderly and on certain racial and ethnic populations. More than 18% of adults older than age 65 have diabetes, and American Indians and Alaska Natives are 2.8 times more likely to have diagnosed diabetes than non-Hispanic whites of similar age. In addition, African Americans are 2 times more likely than whites to die of diabetes.

The direct and indirect costs of diabetes are nearly \$100 billion a year. The average health care cost for a person with diabetes in 1997 was \$10,071, compared with \$2,699 for a person without diabetes.

Many Complications of Diabetes Can Be Prevented

Early detection, improved delivery of care, and better self-management are key strategies for preventing the following diabetes-related complications:

Eye Disease and blindness. Each year, an estimated 12,000-24,000 people become blind because of diabetic eye disease. Appropriate screening and care could prevent up to 90% of diabetes-related blindness. However, only 60% of people with diabetes receive annual dilated eye exams.

Kidney disease. Each year, about 33,000 people with diabetes develop kidney failure, and more than 100,000 are treated for this condition. Treatment to better control blood pressure and blood glucose levels could reduce diabetes-related kidney failure by 50%.

Amputations. About 86,000 people undergo diabetes-related lower-extremity amputations each year. Over half of these amputations could be prevented with regular examinations and patient education.

Complications of pregnancy. Women with preexisting diabetes give birth to more than 18,000 babies each year. Preconception diabetes care for these mothers can prevent diabetes-related health problems for both mothers and infants.

Flu-and Pneumonia-related death. Each year, 10,000 to 30,000 people with diabetes die of complications of flu and pneumonia; they are roughly three times more likely to die of these

complications than people without diabetes. However, only 54% of people with diabetes get an annual flu shot.

By increasing awareness and education about diabetes, promoting early detection of diabetes and treatment of its complications, and improving the quality of and access to diabetes care we will become closer to controlling this chronic disease. If you are currently under a health care provider's care for diabetes, remember to follow-up as advised. Prevention is of top priority in all that we do. Be aware, become involved and make the right choices to avoid long term health problems.

Adapted from Centers for Disease Control and Prevention

More info on diabetes

The following are a frequently asked questions and answers from the American Diabetes Association.

Why is exercise important for people with diabetes?

Exercise is beneficial to the health of people with both types of diabetes in two ways. First, exercise can take some glucose out of the blood to use for energy during and after exercise, which lowers blood glucose levels. Secondly, it helps delay or stop large blood vessel and heart (cardiovascular) disease. Cardiovascular disease is the leading killer of people with diabetes. All people with diabetes should exercise to counteract their increased risk of cardiovascular disease, to reach and maintain a healthy weight, and to enjoy themselves. An additional benefit for many people with diabetes is that exercise, plus other healthy lifestyle habits, can help them achieve good blood glucose control.

Why does losing weight help my diabetes?

Weight loss helps people with diabetes in two important ways. First, it lowers insulin resistance. This allows your natural insulin (in people with type 2 diabetes) to do a better job lowering blood glucose levels. If you take insulin or a sulfonylurea, losing weight may allow you to quit taking it. Second, it improves blood fat and blood pressure levels. People with diabetes are about twice as likely to get cardiovascular disease as most people. Lowering blood fats and blood pressure is a way to reduce that risk.

Can I eat foods with sugar in them?

For almost every person with diabetes, the answer is yes! Eating a piece of cake made with sugar will raise your blood glucose level. So will eating corn on the cob, a tomato sandwich, or lima beans. The truth is that sugar has gotten a bad reputation. People with diabetes can and do eat sugar. In your body, it becomes glucose, but so do the other foods mentioned above. With sugary foods, the rule is moderation. Eat too much, and 1) you'll send your blood glucose level up higher than you expected; 2) you'll fill up but without the nutrients that come with vegetables and grains; and 3) you'll gain weight. So, don't pass up a slice of birthday cake. Instead, at the next meal, eat a little less bread or potato and be sure to take a brisk walk to burn some calories.

How does stress affect diabetes

In people who have diabetes, stress can alter blood sugar levels. Physical stress, such as illness or injury, causes higher blood sugar levels in people with either type of diabetes. For some people with diabetes, controlling stress with relaxation therapy seems to help. It is more likely to help people with type 2 diabetes than people with type 1 diabetes. This difference makes sense. Stress blocks the body from releasing insulin in people with type 2 diabetes, so cutting stress may be more helpful for these people. People with type 1 diabetes don't make insulin, so stress reduction doesn't have this effect. Reducing stress can help people with type 1 diabetes take better care of themselves

ICRC officials examine Camp X-Ray

By JO1 April Gorenflo

Officials from the International Committee of the Red Cross are here determining if conditions at Camp X-Ray, where 300 al-Qaida and Taliban detainees are now confined, are up to standard.

Harald Schmid de Grunec, a 30-year veteran of the Red Cross and leader of the current delegation, explained to Guantanamo Bay residents Feb. 12 that they have an independent role to ensure the detainees are receiving fair and humane treatment based on international treaties and law.

"We have two functions," said Schmid de Grunec, who is from Switzerland. "We're here to be an actor in the humanitarian field. The international community mandated our second role... we are guardians of international treaties and

law. In a lot of theaters of operation, a lot of those rules are not being respected," he stressed.

Schmid de Grunec explained that the ICRC is currently active in more than 60 nations.

He said one of their most important roles is to meet with prisoners of internal and international conflicts to ensure the rules of the Geneva Convention are being followed.

He said the ability to remain neutral is one of the most important principles they follow, but he also understands how difficult this can be.

"I understand that the guards and officers who are watching the detainees may not understand why we're here and why we're talking to the detainees and laughing with them.

"Neutrality is one of the most difficult principles to follow, but it is vital. But I

understand how the guards must feel. You have to try to understand people in these circumstances," he said.

Schmid de Grunec said he could not go into detail about what the detainees relayed to him and the rest of the delegation because "confidentiality is extremely important. People need to know they can trust us and the only way that can be accomplished is through complete confidentiality."

The leader of the ICRC delegation concluded the meeting by thanking Guantanamo Bay residents for their interest in the role of the ICRC and for giving them an opportunity to explain why they're here doing what they're doing."

Schmid de Grunec will spend the next three months in Guantanamo Bay meeting with detainees and reporting his findings back to the ICRC.

Behind the scenes with "The Dirt People" of Navy Fleet Hospital 20

BY JOC Bill Austin
Fleet Hospital 20

Behind every successful operation there is usually a team that contributes significantly to that success but sometimes goes unnoticed by the limelight.

At Fleet Hospital 20, a field hospital set up here over a month ago to treat detainees of "Camp X-Ray," there is a hard working team that has named itself of all things, dirt people.

These sailors are supply personnel who are tasked with keeping the hospital well-stocked with supplies and medical equipment. Their workspaces are huge steel shipping containers filled with everything you could imagine a hospital would need to keep in constant operation. These "warehouses" are situated behind the hospital tents in dirt that, according to the crew, often blows in their faces like miniature sand blasters.

"We call ourselves dirt people because we're out here day in and day out in the dirt," said Chief Petty Officer Les Adams who coined the phrase.

"I'm a dirt person too," said a smiling

Petty Officer Third Class Michelle Tyson as she stood in the fire-hot sunlight. "You wouldn't get by without our supplies," she rhymed with a wave of her hand.

On the opposite side of the hospital compound, you'll find another group that spend plenty of time in the dirt themselves, Navy Seabees.

Construction Battalion Unit (CBU) 423, based out of Little Creek, VA., deployed with Fleet Hospital 20. They make sure vital functions such as power and much needed air conditioning are running smoothly.

The Seabees also handle all structural repairs and transportation for hospital personnel to and from the field.

When asked for his comment about the "dirt people" term floating around camp, Chief Petty Officer Will Clark didn't hesitate. "I don't mind at all. Seabees



From left to right, CECN George Wren and CM1 Kent Palmer work on a wire at Navy Fleet Hospital 20.

have always been called dirt sailors."

Apparently the behind-the-scene Sailors of Fleet Hospital 20 have latched on to their new endearing term. Recently the team got a break from the dirt however, and spent an entire day at the beach where they ate lunch, enjoyed the sun and topped the evening off with several games of bowling.

"I'm so proud of what these Sailors have accomplished," said Adams with an ear-to-ear grin. "They have all risen up from the dirt like a phoenix."

Marine infantrymen set sights on training

Marines from Camp Lejeune join the operation with professionalism, intimidation



L Cpl. John Poma, from Stamford, Conn., a gunner with Weapons Company, 1st Battalion, 2nd Marine Division checks the functionality of his MK-19.

By Sgt. Joshua S. Higgins

When it comes to handling detainees from Afghanistan, described by Brig. Gen. Michael R. Lehnert, Joint Task Force-160 commander, as "very dangerous people," the Marines of Bravo Company, 1st Battalion, 2nd Marine Division aren't skipping a beat.

The Marines recently took full advantage of two live fire ranges here to hone their marksmanship and deployment of non-lethal munitions skills.

"This is training we'll continue throughout the entire operation due to its high-risk nature," said Capt. Robert A. Patterson, Bravo Company commander.

The training began with the company's designated marksmen sighting in the scopes attached to their M-16A2 service rifles. Each Marine fired three shot groups before checking

their targets to make any adjustments.

The designated marksmen's initial training came one year ago from the company's scout snipers.

"We gave these guys a two-week course to give them the basic fundamentals they need to be a designated marksman," said Sgt. Matt A. Lampert of Big Sky, Mont.

Although the course given by the snipers was thorough, it is important the Marines get plenty of practice.

"You have to shoot often to be consistent," said Sgt. Eric N. Dirker, also a scout sniper with Bravo Company from Cuyahoga Falls, Ohio. "Shooting is a very perishable skill so we try to get out to the range as often as we can."

The Marines' skill must be at an expert level as they are assigned to man the guard towers at Camp X-ray.

"We're given sectors of fire outside the camp to prevent an attempt of unauthorized entry," said L Cpl. Mark D. Jones of Allentown, Pa. "We also watch for any



Two Marines walk patrol on one of the many hills surrounding X-Ray.

suspicious acts by the detainees," he added.

SSgt. Kenneth D. Voorheis takes the lead as the head designated marksman and trains new Marines the skill as others rotate out of the company.

"We try to continuously look at each marksman's end of active service date so if need be, we can train another Marine to take his place," he said.

At another range, Bravo Company members serving as the quick reaction force (QRF) inside X-ray conducted their own form of training.

The QRF consists of 24 Marines bearing shields, M-590 shotguns, and M-203 grenade launchers. Their responsibility is to quickly subdue unruly detainees if they get out of unarmed Army military police control.

"The QRF would use all available assets to include non-lethal, and as a last resort, lethal munitions vice the initial reaction force of Army MP's who use no weapons," said Donald R. Tarbell, a provost marshal from Camp Lejeune, N.C. who serves as the officer in charge of non-lethal weapons training here.

During the training exercises, Marines practiced employing these munitions while in riot-control formations intended to intimidate any rioters into submission. In addition to learning and practicing these formations, the Marines must know when and how to use them.

"Force continuum is a big part of what we teach," said Tarbell. "We explain very thoroughly how non-lethal weaponry fits into our rules of engagement."

Between all of this training and standing post, the Marines aren't getting much time off, but the long hours haven't affected their enthusiasm.

"These Marines know the mission comes first and everyone is motivated and focused on the job at hand," said Patterson.



Marines with 1st Battalion, 2d Marine Division attached to Joint Task Force-160 stand guard during construction of Camp X-Ray.



L Cpl. Poma mans a MK-19 and provides security during construction of Camp X-Ray.

JTF-160 Troops Receive Books, Magazines

By Sgt. Joshua S. Higgins

Service members attached to Joint Task Force-160 were pleasantly surprised here recently when a box of more than 3,000 books and magazines arrived via The Book Exchange, a business based in Jacksonville, N.C.

Mary Laskowski, owner of The Book Exchange, said sending books to deployed troops has been a tradition she and her late husband Herbert Laskowski, a retired Master Gunnery Sergeant, have kept for over 25 years.

"After my husband retired in 1974, we decided to open the book store, said Laskowski. He used to tell me, of all the things he missed while deployed, he missed books the most. So we started giving our extras to deployed units."

Many service members here at Camp X-Ray said life "in the wire"

can get very monotonous, but with the donation of books things are looking up.

"There hasn't been a whole lot for us to do during our time off, but now we have the opportunity to relax and read a book," said Capt. Robert A. Patterson, company commander, Bravo Company, 1st Battalion, 2d Marine Regiment. "We really appreciate them (The Book Exchange staff), taking time out of their lives to make ours a little more enjoyable."

"We've all been hoping folks back home are thinking of us, and this just goes to show they are," added Cpl. David J. Docimo, Jr., training NCO, Bravo Co.

According to Laskowski, The Book Exchange personnel gladly volunteered their time to prepare the books for donation and there are currently no plans to stop donating books in the foreseeable future.

"We're always here, and we always have extra," chimed Laskowski.

JTF-160 Promotions and Awards

The following USCG Port Security Unit 305 members were advanced or changed their rate (specialty) effective February 1, 2002.

MK1 Wayne V. Cox (E-6)
BM1 Matthew D. Stone (E-6)
FS1 Joe Winstead (E-6)
HS1 Thomas J. Ward (E-6)
YN2 Jill E. Crosby (E-5)
PS2 Jason R. Peters (E-5)
PS2 Thomas F. Mariconda-
(E-5, rate change from YN2)

Also...

Lieutenant Shawn M. Barry, USCGR was awarded the Coast Guard Achievement Medal from the Commandant of the United States Coast Guard for superior performance of duty while serving at the Coast Guard Intelligence Coordination Center from May 2000 to October 2001. Commander Robert W. Grabb, Commanding Officer USCG Port Security Unit 305, presented Barry with the Coast Guard Achievement Medal at the unit's morning muster on Monday, February 18, 2002. Lieutenant Barry is currently the Communications and Intelligence Officer for USCG Port Security Unit 305, Joint Maritime Patrol Group, JTF-160.

2nd MP Bn. young in history

By Sgt. Joshua S. Higgins

The first time 2nd Military Police Battalion formed was only briefly during the Vietnam War when the United States was holding thousands of North Vietnamese prisoners of war.

More than 30 years later in October 2001, the battalion reinstated under 2nd Force Service Support Group, but little did anyone know in less than three months some of its members would be playing a key role in yet another POW operation.

The detachment of 34 military policemen and correction specialists learned in late December they would provide law enforcement and physical security training to Joint Task Force-160 service members assigned to guard Camp X-Ray, a temporary holding facility that now houses 254 Taliban and al-Qaida detainees.

As this has been the Marines' first deployment since reforming the battalion and there was a minimal amount of time for them to prepare, there were some concerns as to how well things would go, but according to Capt. Pietro P. Scarselli, JTF-160 provost marshal, it could not have been better.

"I am very pleased and proud of how our Marines acted so quickly with no errors whatsoever," said Scarselli. "I think the battalion is very fortunate to have them here to debut its first deployment."

Though their part of the operation has went well, some members of the detachment

have admitted it was not so easy. It is extremely abnormal, they said, to have military policemen and correctional specialists working side by side.

"It's been a challenge for us to be as flexible as we've had to be in order to make our mission work at the drop of a dime," said Sgt. Pete Rivera, Jr., an accident investigator from Texas. "We're treading water that has never been thought of, and for all moving parts to come together like they have is very unique," he added. Since their arrival, the detachment has trained all security personnel at Camp X-Ray in criteria covering non-lethal weapons employment and proper procedures to take when handling detainees.

In addition, they serve as part of the security force during the transport of newly arriving detainees from the airfield here to Camp X-Ray, a vital position that the Marines take very seriously.

"This is dangerous job considering the people we're transporting," said GYSgt. Marc L. Coudriet, a correctional officer from Texas. "It just goes to show that the MP community can serve and function as a viable fighting force and an asset to all deployments."

Though their job is not exactly complete here, Scarselli is already setting his eyes on operations to come. "We're honored to have been a part of this operation in support of the global war on terrorism, and we look forward to participating in whatever contingency that might arise so America can put an end to terrorism."

Personnel Achievements



Goodwin named COMNAVBASE JSOY

"It's just fantastic," said ET2 John Goodwin just before receiving the Navy Achievement Medal from Commanding Officer, Capt. Robert Buehn. Goodwin, of NCTAMS DET GTMO, is the COMNAVBASE Junior Sailor of the Year. At the awards ceremony, Goodwin said the competition he faced for this honor was very tough and he was very excited about being chosen. Command Master Chief Ellen Mustain commented that Goodwin was very impressive in front of the board and complemented his professionalism and esprit de corps. Also pictured with Goodwin is his wife, Kellie, and their daughter, Courtney.

2002 SEABEE/CEC Ball Saturday, March 2 at the Windjammer



Guest Speaker: Jack Neill
Music: Jim Veazey
Special Performance by Jan Jones

1800 - Social Hour ----- 1900 Ceremony
Menu: House Salad, Chicken Cordon Bleu, Rice Pilaf, Buttered Broccoli, Roll, Tea & Coffee

Attire: E1-E3 - \$5.00
Summer Whites or E4-E6 - \$10.00
Civilian Equivalent E7-O3 - \$18.00
O4 & Up - \$20.00
Civilian - \$20.00

For ticket information, contact CE1 Dula at 4125 ext.207 or email: n2011@usnbgmto.navy.mil or loweMD@efdlant.navy.mil

Worship Services

Roman Catholic Mass

(Main Chapel)

Monday - Friday

Daily Mass (Cobre Chapel) 0630

Saturday

Reconciliation 1630

Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900

JTF-160 (Freedom Heights Chapel) 0800

Eucharistic Adoration/Reflective

Prayer (Cobre Chapel) Daily, 24hrs

Protestant Service

Sunday

Worship Service - Main Chapel 1100

JTF 160 - Freedom Heights 0800

New Life

(Sanctuary B)

Sunday

Sunday School 1000

Worship Service 1100

Church of Jesus Christ of

Later Day Saints

(Sanctuary A)

Sunday

Sacrament 0900

Jewish

(Sanctuary A)

Twice per month Call 2323

Filipino Bible Fellowship

(Sanctuary A)

Sunday

Worship Service 1800

Inglesia Ni Cristo

(Sanctuary B)

Sunday

Worship Service 2000

Pentecostal Gospel Temple

(Sanctuary C)

Sunday

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B)

Saturday

Service 0930 & 1630

United Gospel

(Main Chapel)

Sunday

Service 1245

United Jamaican Fellowship

(Morin Ctr Complex - BLDG. 1036)

(Next to the Cable Company)

Sunday

Worship 1100

Please ask the Faith Group Representative about Education Programs, Bible Study, Prayer Groups, etc. For more details, call the Chaplain's Office at 2323.

School Lunch Menu

Feb. 25 - Mar. 1

- MONDAY -

Grilled Ham & Cheese, French Fries, Sweet Corn and Milk

- TUESDAY -

BBQ Chicken Drummettes, Rice, Salad, Fresh Fruit, Milk

- WEDNESDAY -

Fish Sticks, Macaroni & Cheese, Mixed Vegetables, Sliced Peach, Milk

- THURSDAY -

Sausage Pizza, Green Beans, Carrot Sticks, Fruit Cocktail, Milk

- FRIDAY -

Chicken Nuggets, French Fries, Mixed Vegetables, Fresh Fruit and Milk

Recreational Boating: Know the Rules Before You Set Sail

The Outdoor Recreation and Wildlife Instruction, COMNAVBASEGMOINST 1710.10g, applies to all residents and visitors on board naval base. Noncompliance may result in administrative action including suspension of privileges and debarkment, and possibly criminal prosecution for those subject to the Uniform Code of Military Justice. For more information contact Port Control at 4188 or Harbor Defense Force at 7086 for clarification of regulations or to get a copy of the instruction.

Although there have been changes to the 1710.10G instruction due to Antiterrorism/Force Protection measures, these changes have been advertised on the roller and in the Gazette. As a reminder to all, the following is a list of rules all boaters must obey.

- All vessels must be logged with Port Control and must file a Float Plan prior to getting underway. This may be done over the phone by calling 4188. You must give Port Control the following information: Skippers name, vessel number, number of passengers, berthing assignment, original destination, home and work phone and

estimated time of return.

- Maintain communication with Port Control via VHF radio (CHANNEL 73) at all times and report all your movements and changes in number of passengers throughout your float plan. **Remember to call in when you have canceled your float plan.**

- No recreational boat is allowed to proceed beyond the following boundaries; Southern Boundary- tip of Leeward Point to the tip of Windward Point; Northern Boundary- southern tip of Wireless Inlet to Palma Point; and the new Granadillo Bay exclusion area - tip of South Toro Bay to Day Marker Number 2 on Granadillo Point.

- Vessel operators are responsible for checking with Port Control prior to getting underway for any special conditions/restrictions on the bay. For example, live fire boundaries or small craft warnings.

- The skipper of the vessel is solely responsible for the safe operation of the vessel and is ultimately responsible for safety and actions of his crew and



passengers.

- The vessel skipper is responsible for ensuring that all safety equipment is on board and that the craft capacity is not exceeded. (MWR Boat capacities are available at the Marina)

- When anchoring at night use caution to avoid draining boat batteries from night use.

Additional reminder: All MWR boats and related equipment are here for the entire base to enjoy. If you rent boats or related equipment, please be courteous and help take care of all rental property.

SAR, from page 4

of 10 knots. They also jump from 15 feet with the helicopter hovering, although if necessary, they will jump from higher elevations. When they train, one person simulates the survivor, so the SAR swimmer can practice attaching that person to the tether. Then they are both lifted at the same time from the water and hoisted into the hovering helicopter.

Overland rescues also require some realistic training. Guantanamo Bay is known for its rocky, rugged terrain. To combat this, the SAR team practices a maneuver known as "One Skid."

"A one skid is where you hover one foot above an obstacle too small to land on," Heitman said. They practice this maneuver on a regular basis. With so many Marines on base as part of Joint Task Force 160, the SAR Team is ready to "rescue Marines that move about doing various missions. If they get hurt we can go get them and bring them in," Heitman said. They are also able to rescue hikers who get trapped in remote locations that aren't easily accessible.

Since Guantanamo Bay has become the temporary holding site for al Qaeda and Taliban detainees, the SAR team has added responsibilities.

"We've been taken on an airborne mission when detainees come in," Heitman explained. "We're the extra eyeballs in the sky looking for abnormal activities."

Guantanamo Bay's SAR Team also provides medical evacuations when the seas are too rough to allow normal evacuation procedures.

"We picked up three guys off USS Doyle after a wave hit them

and one guy got slammed into a hatch. Another person was knocked overboard and the other one was slammed into a gun mount," said HM2 Devin Bastemeyer of Wagner, S.D. All SAR team members are trained in first aid, but Bastemeyer is one of three corpsmen from Naval Hospital Guantanamo Bay who trains and works with the SAR team to provide medical support beyond basic first aid.

Plucking sailors from rough seas or stranded hikers from rocky hilltops may seem stressful enough, but Guantanamo Bay's SAR team sometimes faces challenges that have nothing to do with rescue missions.

AD3 (NAC) Joseph Broderick, from Flint, Mich., is a fully-trained SAR team member. He's also a fully-trained helicopter mechanic. His skills in both areas are in demand. "We're mechs before swimmers," he said. "It's a challenge to stay on top of the game in both jobs," he said. "It's stressful because you have to keep the bird up and keep your quads up as a swimmer."

Broderick performs engine changes, rotor checks, and anything to do with the mechanical systems on the helicopter. He has to be skilled at this job because the lives of pilots and the aircrew depend on him ... not just the lives of the people he's sent to rescue.

The Guantanamo Bay Search and Rescue team fully embraces its lifesaving mission. They all agree the constant training pays off the moment one person is rescued from a potentially deadly situation.

Navy Testing Blended Leadership Course

By JO2 Jd Walter
Task Force EXCEL Public Affairs

Though it is argued the function of leadership is to produce more leaders, one of the greatest attributes of a true leader may indeed be in realizing when is the time to follow. And, though we call some born leaders, because they possess a seemingly natural strength of character, their leadership skills and attributes are not innate, but a product of their socialization. While effective leadership cannot be taught, its art form must be learned.

But how and where do effective leaders learn this art? The Navy is attempting to answer these questions through revolutionary approach to leadership training.

Currently, the Chief of Naval Education and Training's Naval Leader Training Unit (NLTU) Coronado, Calif., is testing state of the art leadership courses as a replacement for the current Leadership Continuum courses. The new courses are designed to maximize Sailors' proficiency in organizational leadership.

"In the past, the Navy has tried to teach leadership to Sailors, instead of creating an environment in which they can grow and develop into effective leaders," said Capt.(Sel.) Matt Peters, Task Force for Excellence through Commitment to Education and Training Chief of Staff. "The Revolution in Training is focused on creating that environment of learning, and these new course designs are focused on providing Sailors with the tools to succeed in that environment."

Driven by the need to vitalize leadership training, the Navy is putting alternative educational delivery methods to the test at the NLTU Coronado. First class petty officers participating in the experimental courses experience the same blended environment of interactive courseware, video and instructor-led discussions that are currently being taught to corporate executives in private industry.

The courseware, developed by Ninth House Network of San Francisco, a leader in interactive leadership delivery systems, will be subsequently tested at the Navy's Senior Enlisted Academy, Newport, R.I., Little Creek, Va., and Naval Aviation Schools Command, Pensacola, Fla.

"The current Ninth House product pilot is to learn more about the best ways to use these types of learning tools," said FORCM(SW) Greg Pratt, CNET Force Master Chief. "We hope to set in motion a continuous approach to leadership training where a Sailor can receive refresher training either through traditional delivery methods or through eLearning. This will allow Sailors to continue to better themselves not only as leaders, but whole people as well."

Blended learning allows course developers to bring cutting edge leadership courseware into a self-paced program that provides students the opportunity to absorb information at a rate that best suits their individual learning capacities, thus increasing student success rates. Concepts and implementation strategies are reinforced through powerful instructor-led discussions at pivotal points throughout the course in either one-on-one, or group settings.

Students completing the pilot almost unanimously agree the computer-based system is not only relevant to the Navy environment, but will help them in becoming more effective leaders. Students felt as though they were actually a part of the program making the decisions on whether they would succeed or fail.

"The course design allows students to see real responses to scenarios, instead of trying to imagine them," said one student. "I would however, add more Navy-specific leadership scenarios to



Chief of Naval Operations Adm. Vern Clark observes YN1(SW) Bernardo Marez of USS Constitution while completing an online portion of a recent leadership course pilot being conducted at Naval Leader Training Unit Coronado, Calif. (Official Navy Photo)

work with, as they would further reinforce the lesson topics, thus ingraining them into memory."

In addition to the eCourse, instructor discussion, and interactive video scenarios, students leave the course with continued access to a broad range of leadership development programming allowing them to further sharpen their skills as they travel along their career paths. This is the focus of the Leadership Continuum developmental working group; deliver essential leadership training at appropriate times throughout a Sailor's career, based not on their rank, but on the position they hold.

"The hope is that when all is said and done, our approach to leadership training will be to provide the appropriate learning opportunity before they take on a particular responsibility, and will not be tied to rank, but rather job or tasking," said Pratt. "The important part of the equation is delivering training at the proper time to enable Sailors to be successful."

And so, as the Navy works diligently to identify leadership competencies required of Sailors, it is likewise pressing hard to develop a training system that supports that requirement. But what is different today is the way the Navy is approaching the dilemma, developing tools complementary to new opportunities, creating an environment that grooms effective leaders, where Sailors hone their art, while developing a new state of mind.

"I applaud the Leadership Pilot," said Chief of Naval Operations Adm. Vern Clark. "We must take risks, challenge all assumptions, ask the tough questions and try new ideas."

The Revolution in Training is Clark's initiative to revolutionize Navy training and education while creating a new culture of learning that encourages Sailors to learn, grow, lead and excel. For more information on the Leadership Pilot and the Revolution in Training visit www.excel.navy.mil.

GUANTANAMO BAY

Creature Feature

"Creature Features" are submitted by Patricia Loop and
The Guantanamo Bay Environmental Office

The Queen Conch

By Paul Schoenfeld
Natural Resources Manager

The Queen Conch (*Strombus gigas*) is a large marine snail and a member of the class of animals known as gastropods. Gastropods are the largest group of mollusks with over 35,000 species recognized and 15,000 fossil records. Most of these species are characterized by

having a single shell which is coiled into a spiral shape. Queen conch are among the largest marine gastropods having shells up to 12 inches long and weighing over 4 pounds. They are located in the western Atlantic from northern South

America to south Florida, Bermuda, and throughout the Caribbean. The adult shells have a large flaring lip colored pink with yellow and orange. The outside of the shell has blunt spines projecting from each whorl of the spiral.

Queen conch generally occur in shallow waters from a few inches to 70 feet deep although they have been found at depths of over 250 feet. This is a limiting factor on conch distribution because these shallow waters are normally associated with inshore/near shore shelves and in areas like the Caribbean, the shelf areas are narrow. Queen conch graze and feed primarily on algae and detritus. They migrate seasonally from offshore feeding areas in winter to shallower waters for spawning in the summer and fall.

Queen conch reach sexual maturity when they are 3.5 to 4 years old. Spawning takes place among large colonies in shallow water, usually from April through

August, and eggs are laid in jelly-like strings anywhere from 50 to 75 feet long. These strings can contain up to 500,000 eggs. The larvae, called veligers, are microscopic and hatch in about 5 days. They are moved by ocean currents and in about a month, if they settle in tropical/subtropical waters, develop into the shelled animal that resembles the adult. The shells grow

approximately 3 inches per year, and upon maturity, the shell thickens and stops growing in length.

Queen conch are edible and the shells are prized by shell collectors. Conch meat is a delicacy, the inedible portions are sold as bait, and the shells are sold intact

or for the jewelry trade. These conch are the most important fishery export in the Caribbean with the major conch producing nations reporting over 9 million pounds in annual commercial landings. Unfortunately, the majority of this harvest takes place on the spawning grounds during spawning season and commercial landings have recently declined as much as 140% in certain areas.

Current regulations on Queen conch are somewhat island or regionally specific and some areas such as Florida and surrounding Federal waters have been closed to commercial and recreational conch fishing since the early 1980s. COMNAVBASEGTMOINST 1710.1G currently allows taking the lesser of 1 live conch per person per day or 2 live conch per vessel per day. These conch must be a minimum 9 inches long or have a minimum lip thickness of 1/8 inch, measured at the thinnest point.



GTMO SHOPPER

FOR SALE

(1) Everything you need for a baby and more.... Crib and bedding, changing pad, safety gates, bed safety rail, portable hi-chair/booster seat, monitor, wipe warmer, sling seat w/toy bar, toys, baby boy clothing, and more. Call 5803

(1) Lawn mower, FMI, call 5803

(1) Furniture for sale. Dresser, 6 drawers w/mirror, \$40. Dinette set w/4 chairs, \$40. Metal bunk bed set (full on bottom, twin on top) w/ mattresses, \$80. Call 4105 DWH or 5885 AWH.

(1) 70" mini blinds (2), 70" roller shade, small window fan, 8mm Cannon Video camera-needs work. Little Tikles garden, little tikes tricycle, potty chair. Call 5803

(2) Bruizer Bandit Paintball Gun, 10-inch barrel, covered wire, aluminum body, red w/silver barrel and black expansion chamber. Also includes 150 round hopper (never used), elbow and neck protector, 7 O-rings, Allen wrench, raised sight rail and double trigger. Needs velocity adjuster. All for \$137. Call 5603.

(2) 2 roundtrip tickets from FT. Lauderdale to GTMO and return with Lynx air. These tickets must be used before the end of March. \$600 obo. Call daytime, 2276; evening, 7880.

(2) Huff, City Cruiser bicycles -- one male, one female. \$45 each. Includes helmets. Baby/toddler bicycle seat carrier w/helmet. \$125 new, asking \$50. Call 7499.

(2) Bicycle, Woman's 27", touring/racing, 12-speed. \$50 each. 7718 AWH.

(2) Own a piece of history. Russian made wristwatch with George Bush and Mikhail Gorbachev and American and old Russian flags. \$50. Call 7499.

(2) Baby crib w/Serta Baby Imperial Mattress. \$100 firm. Diaper bag by Samsonite, like new. \$20. Call 7499.

(2) Full-sized refrigerator, used outdoors, but works very well. \$50. Call 3144 AWH

VEHICLES/BOATS

(1) SunBird Runabout (Cosair) ski boat, 1986, 19ft inboard with rebuilt trailer. Runs great. Looking for someone who has the time to use it. Asking \$5000. Call 7657 FMI.

(2) 15.5ft Chrysler Center Console w/ 90hp Johnson outboard motor. Boat includes trailer all required safety equipment, new radio and antenna, compass, lights and more. \$1,700.00 OBO, DWH 72118, AWH 5270

(2) 1993 Light Blue Ford Escort LX Hatchback. Has cold A/C. New stereo w/cassette. Just tuned up and serviced. THIS IS NOT A GTMO SPECIAL. Car runs great and looks good. Asking \$3700 OBO. Call 5577.

(2) 1986 Ford Tempo - 5-speed manual transmission, runs good - great GTMO car. \$850 firm. Call 2351 (DWH) or 7319 (AWH).

(2) 1985 Ford Lazer. 2-door standard. \$400. Call 5583

(2) Motorcycle 1996 Yamaha Virago 1100cc. Great Condition, low miles. Asking \$5,500 firm. Call 7672 AWH.

(2) 12x24 Pontoon Boat w/90hp engine. \$3,200. AWH 4837. DWH 7125.

(2) Boat for sale. 8ftx18ft. Call 7941 DWH or 7085 AWH

EMPLOYMENT

The following are job vacancies currently open through the Human Resources Division.

Openings with closing dates:
Secretary (OA) (Temp), first cutoff 2/19/02 Closes - until filled
Supervisory Accounting Tech., closes 2/26/02
Health Technician, closes 2/26/02
Personnel Asst., closes 3/05/02

Open Continuous Vacancies:
Supply Technician, 1st cutoff 12/21, closes 12/06/02
For more information contact the Human Resources Division at ext. 4822 or 4430.

The following job opportunities are available at the Navy Exchange.

F/T - Weekdays, Weekends
Meatcutting Worker
Flex - Weekdays, Weekends
Food Service Worker
Motor Vehicle Operator
Flex - Afternoons to 7pm
Cash Office Cashier
For details, visit the Navy Exchange Personnel Office or call 4119.

SERVICES

Babysitter -- American Red Cross Certified. Call Rhett at 7864 for your child care.

WANTED

JTF MATH TUTOR-Mathematically challenged parents seek Math Tutor knowledgeable in the art of advanced mathematics -- slope intercept, graphing calculator, trigonometric ratios and quadratic equations. Great opportunity for member of JTF -- parents will negotiate rides, home cooked meals, family

lifestyle, phone and internet use, Fishing trips, use of mountain bike and PlayStation 2. Call 7976 (AWH).

Musicians needed to share talents with elementary school students. March is "Music and art in the Schools" month. This would be a great opportunity for students to visit with community musicians. Contact Shirley Baggett at 2027 DWH or 7755 AWH.

YARD SALES

CB 1159 (aka Center Bargo 33) March 9, 7 am to noon. Everything must go! Children's clothes and shoes, toys, uniforms/items, bedding items and SCUBA gear! All items in good condition. Cheap Prices! For an early preview or more info, call 7132 AWH.

ANNOUNCEMENTS

SEABEE Ball T-Shirts On Sale Now Available at Public Works, Bldg 204. Cost is \$10. Contact Trish Loop at 4662, ext 204, for details.

THE CITADEL
If you are a Citadel alumnus, give me a call. Dave Walsh, 5725.

Caribbean Naval Lodge A.F. & A.M. will hold its March stated meeting on Wednesday, March 6 at 7:30 pm in Bldg. 1840. All Master Masons in good standing are invited to attend.

Paperclips, Etc. a division of Winston-Salem Industries for the Blind, Inc., is taking over the existing Servmart. We will be selling our own general office supplies, JWOD. We will also sell such brands as 3M, Skillcraft and Fellows. If there is an item you need and we don't carry it, we will be able to special order it. We will accept impact cards, credit cards, debit cards and cash. The store will be open to the general public during regular business hours. Our hours of operations will be: Monday - Friday, 8 am to 3 pm, and Saturday, 8 am to noon.

PERSONALS

W.T. Sampson would like to congratulate the following students on their academic success for the second quarter school year 2001/2002

High Honors (all A's)

4th Grade

Dejha Brown

Hayden Kemp

6th Grade

Raymond Lindberg

Megan Heitman

John Brummett

Nicholas Bagge

Honors (A's & B's)

4th Grade

Tiyonte Balum

Daniel Fox

Alice Helms

April Helms

Brian Michel

Haley Millard

Anna Murphy

Courtnee Wilson

Heather Gariepy

Rachel Yoder

5th Grade

Katie Basel

Kaita Daniel

Christina Lara

Nico Luttrell

Rachael Muller

Willie Ortiz

Cameron Rodriguez

Major Torley

Rachel Belyeu

Fria Mutuc

Trojaun Quinn

Neil Wright

6th Grade

Heather Brittle

Victoria Rivera

Tiana Simmons

Darquis Crockett

Kiera Ashbury

Jennifer Therrien

Welcome Aboard!

Laura Love LaDue

Born Feb. 11, 2002

7 lbs, 2oz.

20.9 inches

Congratulations to:

MS Alexander and PCS Sarah LaDue

And

Beyla Cianna Martin

Born Feb. 19, 2002

8 lbs, 7oz.

18.75 inches

Congratulations to: MS Alvin and Dana Martin

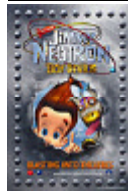
ALI

Drama
2hrs. 47min.
Starring: *Will Smith,*
Giancarlo Esposito,
Jamie Foxx,
Jada Pinkett Smith,
Jon Voight



With wit and athletic genius, with defiant rage and inner grace, Muhammad Ali forever changed the American landscape. Fighting all comers, Ali took on the law, conventions, the status quo and the war - as well as the fists in front of him. Ali both ignited and mirrored the conflicts of his time and ours to become one of the most admired fighters in the world. Forget what you think you know.

JIMMY NEUTRON



Kids/Family
1 hr. 27 min.
Starring:
Debi Derryberry,
Patrick Stewart,
Martin Short,
Rob Paulsen,
Andrea Martin

Little Jimmy Neutron is light years ahead of the pack, but when it comes to being cool, he's a little behind. Until one day when his parents and all other kids' parents on Earth are kidnapped by aliens, it's up to him to lead all the children of the world to rescue their parents. With his new found heroism and spacecrafts he invents, he quickly becomes the coolest kid on the planet!

COLLATERAL DAMAGE

Action/Adventure
1 hr. 49 min.
Starring: *Arnold Schwarzenegger,*
Francesca Neri,
John Leguizamo,
John Turturro,
Elias Koteas



Family man and firefighter Gordon Brewer (Schwarzenegger) is plunged into the dangerous world of international terrorism after he loses his wife and child in a bombing credited to Claudio "The Wolf" Perrini. Frustrated with the official investigation and haunted by the thought that the man responsible for murdering his family might never be brought to justice, Brewer takes matters into his own hands and travels to Colombia to track down the terrorist.

Movies

FRIDAY, FEBRUARY 22

7pm Monsters Inc.
G - 96min

9pm Rush Hour 2
PG-13 - 88min

SATURDAY, FEBRUARY 23

7pm Jimmy Neutron
PG13 - 116min

9pm Collateral Damage
PG - 109min

SUNDAY, FEBRUARY 24

7pm Lord Of The Rings
R - 167min

MONDAY, FEBRUARY 25

7pm Black Hawk Down
R - 143min

TUESDAY, FEBRUARY 26

7pm Ali
R - 167min

WEDNESDAY, FEBRUARY 27

7pm Collateral Damage
R - 109min

THURSDAY, FEBRUARY 28

7pm The Majestic
PG - 150min



What's Happening...

Chinese New Year Celebration

Join us at the Windjammer Saturday Feb. 23, 7pm, to celebrate Chinese New Year.

Liberty Center

Feb. 23 - Bowling Party.
Call 2010 for more information.

AACC

Feb. 24 - Scotch Doubles Bowling
Tournament at Marblehead Lanes, 2 pm.
\$5 entry fee.

Rick's Lounge

Rick's Lounge is open daily 4pm to midnight. Rick's is open to officers and civilian equivalents only.

Youth Center

Feb. 22 - Indoor Touch Football

Feb. 23 - Open Rec.

Call 4658 for more information.

Oasis Teen Center

Feb. 22-8 Ball Tournament

Feb. 23 - Open Rec.

Call 2096 for more information.

Free Kayaking Lessons

Every Saturday and Sunday at the Marina, 2 to 4 pm and 4 to 6 pm. Beginners through advanced. Qualified instructors take you through the steps to become a qualified kayaker. Sign up at the Marina or call 2345.

Free Sailing Lessons

Every Saturday and Sunday at the Sailing Center. Learn to enjoy the bay in one of our high speed Zumas, Hunters or Catalina 22's. Qualified instructors help you attain basic to advanced skipper licenses. Call 2345 to sign up.

Total "Fitness" Camp

Denich Gym every Monday & Wednesday
6:15 - 7:15 am

Yoga Ultimate Stretch Classes

Marine Hill Aerobics Room
Mon., Wed. and Fri., noon to 1 pm.

Aerobics Classes

Marine Hill Aerobics Room
(Basic Step) Mon., Wed., Fri. 6 - 7 am.
(Interval) Monday - Friday 8:30 - 9:30 am
(Adv. Step) Mon., Wed., Fri. 5:15 - 6:15 pm
(Circuit) Saturday 9:15 - 10:15 am

"AM" AEROBICS CLASS

MWR Athletics is offering 'am' fitness classes Monday thru Thursdays 6 - 7am at the Marine hill aerobics room on Marine hill. Call DD at 2193 for details.

Paintball Tournament

March 15 - Spring 'Paint Slingin' Paintball Tournament at Cooper Field, 6pm. No Equipment Rental Fees Field Paint Only. Awards and t-shirts. Refreshments available. Captains meeting 6 pm, March 14. Need practice? See us every Sunday at the Paintball Range 1 to 5 pm.

For more information on any of the events listed above, call 5225.